

STOP SMOKING

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
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People smoke tobacco for various reasons. Some people smoke out of **habit**, some because of a **psychological dependency**, and others because they are **addicted** to the drug nicotine found in the tobacco. In order to quit smoking, you must understand the reason why people smoke and determine why you smoke.



Habit means you smoke due to the many links between you and your cigarettes. For instance many smokers have a strong habit of smoking whenever they drink coffee. In the beginning, you started out just having a cigarette with your cup of coffee because it seemed like the right time. After a few times, however, the association between drinking coffee and smoking became a habit, so that now, each time you have a cup of coffee you want to smoke.

Psychological dependency means you smoke because you think smoking is necessary to help you perform activities in your life. Examples of these type of activities are: Managing stress, dealing with loneliness, stimulate creativity, or to extend pleasure. When someone is psychologically dependent, they feel as if they can not perform these types of life activities without smoking.

Addiction to the drug nicotine means, that you intensely crave cigarettes or have a recurring hunger for them. You cannot stand to go a few hours without smoking.

Now that we know the reasons why people smoke, **YOU** need to determine why **YOU** smoke. A good way to determine this is to keep a record for two to three days. Record the time you smoke, what preceded it, what you were feeling and how much you smoked.

You Can Quit Smoking

When completed, try to look for patterns in the day each time you smoke. Once you know why you smoke, **YOU** can decide what method would be best for **YOU** to use to quit smoking. There are different approaches you can choose to stop. They are: "**Cold Turkey**", **Tapering**, or **Postponing**.

"Cold Turkey" means you abruptly stop smoking. In other words, if you smoke two packs a day, you are going to smoke zero cigarettes tomorrow. Most successful ex-smokers quit by using this method.

Tapering is a gradual approach to quitting smoking. You count the number of cigarettes and smoke a predetermined fewer number of cigarettes each day. It is important to remember that if you pick this method to use, you should spend less than two weeks to reach zero cigarettes a day. Using a longer period of time can make the experience of quitting smoking more difficult than it needs to be. An example of this is you decide to take 5 days to stop smoking. Day 1 you smoke 20 cigarettes, Day 2 you smoke 15 cigarettes, Day 3 you smoke 10 cigarettes, Day 4 you smoke 5 cigarettes, and Day 5 you smoke 0 cigarettes.



Postponing is another gradual approach to quitting smoking. You postpone the time of day at which you start smoking by a predetermined number of hours each day. Once you begin smoking each day, you do not need to count your cigarettes nor focus on reducing the number that you smoke. Each day the start time becomes later and later until you are not smoking anymore. An example of this is you decide to stop smoking in 5 days. Day 1 you don't start to smoke till 9:00 am, Day 2 you don't start to smoke till 12:00 noon, Day 3 you don't start to smoke till 3:00 pm, Day 4 you don't start to smoke till 6:00 pm, and Day 5 you don't smoke at all.

